



**TAC “Winter Challenge”
12&Y B/C/Mini and 13&O A/BB/B/C Meet
December 5-7, 2008
SANCTION NO. VS-09-24**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-24						
LOCATION:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573						
FACILITY:	8-lane, 50 meter indoor pool; configured for SC; 6 continuous warm-up / cool down lanes; overflow gutters; non-turbulent lane markers; Colorado Timing System.						
MEET DIRECTOR:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Colm Doherty</td> <td style="width: 50%;">Sonny Grissom</td> </tr> <tr> <td>Phone: (757) 288-8281</td> <td>Phone: (757) 286-8640</td> </tr> <tr> <td>Email: cdoherty@cvi.canon.com</td> <td>Email: sonny.grissom@cox.net</td> </tr> </table>	Colm Doherty	Sonny Grissom	Phone: (757) 288-8281	Phone: (757) 286-8640	Email: cdoherty@cvi.canon.com	Email: sonny.grissom@cox.net
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all USA Swimming/VSI registered swimmers in Southeast District and invited out-of-LSC teams. Teams in the Southeast District are CGBD, NSD, OBX, ODAC, PRO, SEVA, TAC, TCAC, TIDE, US, VYAC, and WAC. • All swimmers participating in this meet must be registered with USA Swimming/Virginia Swimming by the first day of the meet. • 8 & Younger swimmers may participate regardless of classification. • Swimmers 9 to 12 may compete in any event and relay strokes in which they have a “B” or “C” Time. • 13 & Over swimmers may participate regardless of classification. • 2009-2012 NAG times are in effect. • No on deck registration will be permitted. • Age on December 5, 2008 will determine age for the entire meet. 						
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition. 						
FORMAT:	<ul style="list-style-type: none"> • Swimmers of all ages entered into distance events will swim Friday evening • All 9-12 year old swimmers will swim on Saturday and Sunday morning. • All 8 & younger swimmers will swim on Saturday and Sunday mid-day. • All 13 & older swimmers will swim Saturday and Sunday Afternoon. • All events will be timed finals. 						
WARM-UPS:	<ul style="list-style-type: none"> • Friday night warm-ups are general from 4:00-4:45 pm; competition starts at 5:00 pm. There will be specific warm-ups the last 15 minutes of warm-ups (4:30-4:45 pm) • Morning session warm-ups: 7:00 am; competition starts: 8:00 am. There will be two 25 minute warm-up sessions • Mid-day session warm-ups: Not earlier than 11:00 am; competition starts: Not earlier than 11:50 am. There will be two 20 minute warm-up sessions. • Afternoon session warm-ups: Not earlier than 2:00 pm; competition starts: Not earlier than 3:00 pm. There will be two 25 minute warm-up sessions. • Lane assignment and warm-up times for individual clubs will be posted on the TAC website no later than December 3, 2008, and will also be emailed to the contact person of the participating clubs. • If any session runs late, the following session warm-ups will begin immediately after the earlier session ends. 						

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, NOVEMBER 26, 2008</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • Coaches Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "B" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition • Swimmers may enter 2 individual events on Friday evening and 4 individual events and 1 relay on Saturday and Sunday • Relay teams must be designated A, B, C, etc. if a team enters more than one relay. • Entries will be processed in the order received. An e-mail will be sent confirming receipt of the teams' entries. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: sonny.grissom@cox.net • Mail entries to: Sonny Grissom 629 Herron Drive Chesapeake, VA 23320 • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery, as this will delay the receipt of your entries.
FEES:	<p>Individual events: \$4.50 Relay Events: \$12.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Tidewater Aquatic Club. • Payment must be received by December 3, 2008 for email entries. Payment must be included with all mailed entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 13 & Older events will be given separate awards for 13-14 and 15 & Older age groups ○ 10 & Younger events will be given separate awards for 9-10 and 8 & Younger age groups. ○ 8 & Younger events will be given separate awards for 6 & Younger and 7-8. • Heat winner ribbons will be awarded for all 10 & Younger individual events. • Separate awards will be given for BB+ and B/C swimmers. • Relay Events: Awards will be presented to first (1st) through fourth (4th) place for each event.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded, except the 500 Free, 400 IM, and 1000 Free, which will be deck seeded. • The Events #1-2 (11-14 400 IM), #3-4 (12&Y 500 Free), #5-6 (11-14 1000 Free), and #63-64 (13&O 500 Free) will require a positive check-in to swim. • Positive check-in will close 20 minutes prior to the start of the session. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • Swimmers in all sessions should report directly to the blocks for their events. • Deck entries will be accepted in the order received to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Clerk-of-Course on the provided forms.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and

	<p>published as part of the official meet results.</p> <ul style="list-style-type: none"> • Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • The overhead start procedure will be used for the morning and afternoon sessions, and may be used for the mid-day sessions at the discretion of the Referee. • In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: John Roche Email: 6roches@cox.net (757) 508-4480</p> <ul style="list-style-type: none"> • Officials at all positions will be required for this meet. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Jill Stewart, TAC's Officials Chairman at (757) 410-2073 or jillbstewart@cox.net . • There will be an Officials' Meeting one (1) hour prior to each session in Room 102
SAFETY:	<ul style="list-style-type: none"> • VSI Safety and Warm-up procedures will be in effect. • Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, or club for the failure to follow the safety rules. • Shaving in the swim venue is not permitted. Swimmer noncompliance will result in dismissal from the meet.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the TAC Web site no later than December 3, 2008 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool and gym area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners can not be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$5.00. • Snack Bar: TAC will operate a Concessions Stand during the meet. • Swim Supplies: There will be a Swim Shop in operation during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: TAC will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
FACILITY	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle

RULES:	<p>School (next door).</p> <ul style="list-style-type: none"> • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes. • Coaches, officials, and meet staff only in the Hospitality Room. • The Aquatic Center will close during electrical storms. • NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	<p>From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.</p>

**2008 TAC "Winter Challenge"
ORDER OF EVENTS**

Friday, December 5, 2008, Evening Session		
Warm-up: 4:00 pm; Start: 5:00 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	11&O 400 Individual Medley	2
3	12&Y 500 Freestyle	4
5	11&O 1000 Freestyle	6

Sunday, December 6, 2008, Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
7	11-12 200 Freestyle	8
9	9-10 100 Individual Medley	10
11	11-12 100 Individual Medley	12
13	9-10 50 Freestyle	14
15	11-12 50 Backstroke	16
17	11-12 200 Backstroke	18
19	9-10 100 Backstroke	20
21	11-12 100 Breaststroke	22
23	9-10 50 Breaststroke	24
25	11-12 50 Butterfly	26
27	11-12 200 Butterfly	28
29	9-10 100 Butterfly	30
31	11-12 50 Freestyle	32
33	9-10 200 Medley Relay	34
35	11-12 200 Medley Relay	36

Sunday, December 7, 2008, Morning Session		
Warm-up: 7:00 am; Start: 8:00 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
65	10&Y 200 Individual Medley	66
67	11-12 200 Individual Medley	68
69	10&Y 200 Freestyle	70
71	11-12 100 Freestyle	72
73	9-10 100 Freestyle	74
75	11-12 100 Backstroke	76
77	9-10 50 Backstroke	78
79	11-12 50 Breaststroke	80
81	11-12 200 Breaststroke	82
83	9-10 100 Breaststroke	84
85	11-12 100 Butterfly	86
87	9-10 50 Butterfly	88
89	11-12 200 Freestyle Relay	90
91	9-10 200 Freestyle Relay	92

Mid-day Session		
Warm-up: 11:00 am; Start: 11:50 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
37	8&Y 100 Individual Medley	38
39	8&Y 25 Freestyle	40
41	8&Y 50 Backstroke	42
43	8&Y 100 Backstroke	44
45	8&Y 25 Breaststroke	46
47	8&Y 50 Butterfly	48
49	8&Y 200 Medley Relay	50

Mid-day Session		
Warm-up: 11:00 am; Start: 11:50 am		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
93	8&Y 50 Freestyle	94
95	8&Y 100 Freestyle	96
97	8&Y 25 Butterfly	98
99	8&Y 100 Butterfly	100
101	8&Y 50 Breaststroke	102
103	8&Y 100 Breaststroke	104
105	8&Y 25 Backstroke	106
107	8&Y 200 Freestyle Relay	108

Afternoon Session		
Warm-up: 2:00 pm; Start: 2:50 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
51	13&O 100 Freestyle	52
53	13&O 200 Butterfly	54
55	13&O 200 Breaststroke	56
57	13&O 100 Backstroke	58
59	13&O 50 Freestyle	60
61	13&O 200 Medley Relay	62
63	13&O 500 Freestyle	64

Afternoon Session		
Warm-up: 2:00 pm; Start: 2:50 pm		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>
109	13&O 200 Freestyle	110
111	13&O 100 Butterfly	112
113	13&O 200 Individual Medley	114
115	13&O 100 Breaststroke	116
117	13&O 200 Backstroke	118
119	13&O 200 Freestyle Relay	120